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Health Literacy

CME Post Test

- 1. Approximately what percentage of the US population has low health literacy?**
 - a) 10%
 - b) 25%
 - c) 40%
 - d) 50%
 - e) 65%

- 2. Which is the BEST definition of Health Literacy?**
 - a) the ability to read, understand and act appropriately on health care information
 - b) a measure of literacy based on educational attainment
 - c) a measure of literacy based on an individual's ability to read popular press materials
 - d) ability to read an article from Prevention

- 3. An individual's health literacy can be determined based on race/ethnicity, country of origin, age and socioeconomic status.**
 - a) True
 - b) False

- 4. What is the percentage of the US population that is predicted to fall into the category of "minority" by 2050?**
 - a) $\frac{1}{4}$
 - b) $\frac{1}{3}$
 - c) $\frac{1}{2}$
 - d) $\frac{2}{3}$

- 5. Health literacy drains economic resources from which of the following?**
 - a) patients
 - b) employers
 - c) physicians
 - d) all of the above

- 6. Poor Health Literacy**
 - a) occurs only among people on government health programs
 - b) is always associated with poor reading skills
 - c) rarely is an issue among the middle class and employed
 - d) can cause small health issues to become major health incidents



7. Approximately how much does poor health literacy cost each year?

- a) \$5-\$10 billion
- b) \$12-\$15 billion
- c) \$20-\$35 billion
- d) \$30-\$73 billion

8. Non-economic damages from poor health literacy can result from

- a) patients being unable to complete health information forms
- b) patients not understanding medical directions
- c) missing appointments with other doctors or for testing
- d) all of the above

9. Patients with poor health literacy may be inappropriately labeled as....

- a) histrionic
- b) depressed
- c) non-compliant
- d) hypochondriac

10. Frequently missing appointments is a signal that a patient may have inadequate health literacy.

- a) True
- b) False

11. The Jones patient in the case study

- a) could describe what a medicine was for
- b) could identify medication from a visual guide
- c) could give either the branded or generic name for any medication he took
- d) understands the reasons for the tests that have been ordered

12. Which of the following are effective methods of determining literacy levels

- a) asking a patient if they can read
- b) reviewing the patient's handwriting on forms in the chart
- c) determining the patient's educational level
- d) asking a patient to demonstrate written instructions



13. Which tests are useful in an office setting to determine a patient's functional literacy level?

- a) WISC-A
- b) REALM
- c) MMPI
- d) MMSE

14. Which of the following is NOT a signal that you are actively listening while a patient talks?

- a) Taking notes
- b) Nodding your head
- c) Eye contact
- d) Remaining silent

15. Which of the following is not a plain language term?

- a) Orally
- b) In a vein
- c) On the skin
- d) Under the skin

16. Which of the following would be the best way to describe erythromycin's potential side effects to a patient?

- a) Here are some samples of Erythromycin. The box describes potential side effects.
- b) This drug causes side effects in some people. Stop taking the drug and call my office right away if you have difficulty breathing or your lips, tongue or face swell. It's also possible the drug might cause upset stomach or diarrhea. If that happens, you should keep taking the drug but take it with a glass of milk or after you eat.
- c) This drug causes side effects in some people. Stop taking the drug and call my office right away if you have difficulty breathing or your lips, tongue or face swell or if your eyes or skin turn yellow. It's also possible the drug might cause upset stomach or diarrhea. If that happens, you should keep taking the drug but take it with a glass of milk or after you eat. The drug can also cause dizziness, fatigue, headache, yeast infection or a rash. But you should keep taking the drug unless you feel very sick.
- d) This drug causes side effects in some people. Discontinue the drug and call my office right away if you have an allergic reaction. If you experience abdominal symptoms, do not take the drug on an empty stomach.
- e) This drug causes side effects in some people. Discontinue the drug and call my office right away if you have an allergic reaction or signs of liver damage. If you experience abdominal symptoms, do not take the drug on an empty stomach. Other less serious side effects are dizziness, fatigue, headache, vaginal yeast infection or a rash.



17. Which of the following is NOT one of the AskMe3 questions?

- a) what is my main problem?
- b) what will my physician need to do?
- c) what do I need to do ?
- d) why is it important for me to do these things?

18. Research has established that readability scores provide valid predictions of patient comprehension.

- a) True
- b) False

19. Using simple visuals when describing anatomy would be insulting to patients with higher health literacy.

- a) True
- b) False

20. Calculate the prevalence of low health literacy among your patients by using the Literacy Calculator at www.pfizerhealthliteracy.com/calculator.html. (It will take you about 15-30 seconds to answer the six simple questions.) The percentage of your patients with low health literacy is at least:

- a) less than 15%
- b) 16% to 30%
- c) 31% to 50%
- d) 51% to 75%
- e) more than 75%

21. The AskMe3 Implementation Guide is free.

- a) True
- b) False

22. All providers receiving federal support must make easily understood patient-related materials available and post signage in the languages of the commonly encountered groups and/or groups represented in their practice.

- a) True
- b) False



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Activity Evaluation - Please indicate the extent to which you agree with each statement.

1. This activity met its published objectives.
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2. Information presented is current and clinically relevant to my practice.
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